



TRURO LOG

FEBRUARY 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

Katherine Stillman Herself

Katherine Stillman was born in New York City, and at age 3 moved to Litchfield, Ct with her family. The Stillmans never left Litchfield, but they moved 8 x's! Katherine's father, Rufus was very interested in art and architecture and became close friends with Marcel "Lajko" Breuer, a summer Wellfleetian. Together they planned and built 3 houses for the family in Litchfield, a fourth house for Katherine's younger sister, Timothy, and a fifth for the Caesar Grandparents.

Katherine went to Shipley School, a boarding school in Bryn Mawr, PA where she learned American History without the wars, read Chaucer in old English, slept in a sleeping bag (her choice in order to not make her bed in the morning), was known as the school atheist, argued with her Latin teacher and lead a revolt about attending a school performance of Carmina Burana at Hill School.

She attended Pomona College in Claremont, CA and having started in Pre-Med graduated with a B.A. in Anthropology with a minor in Art History in 1965. After Pomona, Katherine attended The Maryland Institute of Art in Baltimore for a year continuing her studies in painting and teaching.

Armed with typing and speed writing skills, Katherine moved to Cambridge, MA and went to work at the Massachusetts Institute of Technology for two architectural historians who hired her because she could make Turkish coffee - daily duty! One of her first tasks was to mimeograph 500 pages for 50 conference attendees.

Occasionally Gyorgy Kepes, another summer Wellfleetian, family friend and head of Visual Arts at M.I.T., would invite her to his office for sherry in the afternoon.

Living in the city, Katherine took many craft classes ending up in pottery which she studied at Cambridge Adult Education, The Boston Museum School of Art and the Boston YWCA. Having apprenticed with her teacher for a year, she started her own studio first on Charles Street in Boston and then in Jamaica Plain where she worked for 5 years. She moved out in 1976 and the building burned down the next day! It was Boston's biggest fire ever.

Katherine moved to Wellfleet in the Fall of 1975 and into her house at the beginning of 1976 and built her pottery studio the next year. She worked full time as a potter until 1979 when she was hired as a tutor at the Marconi School teaching dyslexic students. Liking her

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work, Katherine attended Lesley College from 1981 to 1982 and received her Masters in Special Needs Teaching Nursery—9th grade. She taught on and off for 4 years with one year in between as a HeadStart cook in Wellfleet.

In the fall of 1989, Katherine went back to school at 4C's and received her license as a Certified Nursing Assistant/Home Health Aide. She went to work for the Chatham-Orleans VNA and later for the VNA of Cape Cod. Later she worked part time privately for Maggie Smith of Truro until Maggie died in 2002.

In July 2000, Katherine, a Quaker, attended a week at Friends General Conference in Rochester, N.Y. When she came home, it was very clear to her that she wanted to work with people. The Truro Outreach Coordinator's job became available in August and the rest happily, as you know, dear friends, is history. PEACE

HISTORICAL TOUR

Diana Worthington will display albums of photographs from shows held at the Truro Historical Museum. The images are arranged as a ride around town with glimpses of 100 year span of time. Also, on display will be albums demonstrating the on going archival collection of photographs at the museum.

Tuesday, February 15th

Truro Community Center

Pamet Room 1:30P.M.

MONTHLY FREE LEGAL SERVICE

South Coastal Counties Legal Services, Inc. (SCCLS) is a non-profit charitable corporation, which serves clients in Barnstable, Bristol, Dukes, Nantucket and Plymouth Counties in the Commonwealth of Massachusetts. Attorney and paralegals represent clients with legal problems in our priority areas of special importance to the poor and elderly. SCCLS also provides some group representation, and community education.

SCCLS provides free legal help to low income and elderly clients with a priority given to matters as set forth in the Older Americans Act: **“income, health care, long-term care, nutrition, housing, utilities, protective services, defense of guardianship, abuse, neglect, and age discrimination.”**

Truro COA hosts Attorney Tom Kosman the second Wednesday of every month.

Afternoon appointments

are available by calling

the COA @

508-487-2462.



LIVE YOUR LIFE WELL forum will be held in the Wellfleet Council on Aging on March 11 from 10:30-1:30P.M.

For additional information please call 508-349-0313.

SIGHT LOSS

The Sight Loss group is a self-help support group. They provide peer support, coping skills and problem solving strategies that help them maintain a productive and independent lifestyle. The meetings are once a month September through June. Hearing devices and transportation are available. The Truro meeting is the 4th Monday of each month from 10A.M.-Noon at the Truro COA.



If you or anyone you know could benefit from attending, please call the Council on Aging for any further information you might need.

Going Back to Trader Joe's!

The third Friday of each month the COA van will leave the Community Center parking lot at 9 A.M. to go to Hyannis for shopping and return at approximately at 12:30.

This will be a free service and continue as long interest warrants. Please call to make a reservation by the second Friday of the month so the van can be scheduled appropriately. There is a limit of 4 shoppers per trip.

AARP TAX PROGRAM

Beginning Tuesday, February

1st we will have AARP trained

volunteers here at the Senior Center to work on your taxes.



Appointments are required and can be made by calling the COA @487-2562.

REACH

Do you want to become a volunteer for the Truro Council on Aging??

Here is your opportunity to learn more about volunteer driving and other ways to help out at the COA!

Reach Elders with Additional Community Help will be hosting a Volunteer Information Session to recruit new volunteers for transporting elders home from the hospital and for other medical appointments. Call to reserve a spot. Pizza will be served to those attending.

Tuesday, February 22 12:3-1:30P.M.

COA GALLERY - FEBRUARY

WEAVERS OF CAPE COD

Threads of Inspiration

The Cape Cod Weaving Network is the group made up of 20 plus members. They have had exhibitions at The Cultural Center of Cape Cod, The Brewster Ladies Library, The Sandpiper Gallery and The Wellfleet Library.

Some of the artists are currently involved in a traveling show called America the Beautiful. That show is a group of 11 painters and 11 weavers who joined together to celebrate the 100th anniversary of the writing of poem by Katherine Lee Bates, who was born in Falmouth. The show, America the Beautiful has exhibited at The State House in Boston, The Cahoon Museum in Cotuit and will be at the Cape Cod Museum in Dennis this September.

This show is about what inspires us as fiber artists to create. Each piece will be accompanied by an explanation of the work and what inspired it. The work will include many types of weaving from tapestry to wearable art with materials ranging from wool, cotton and silk to mixed fibers such as twigs, reeds and grasses.



Opening Reception is Sunday, February 6, 2-4 P.M.
All are welcome.

COA GALLERY - MARCH

RICHARD & MARJORIE GIDMAN

PAINTING & DRAWING

After moving to Cape Cod, both Marjorie and Richard had a latent desire to begin painting again and together they **enrolled in the senior's painting class at Castle Hill in Truro under the instruction and "gentle" critiquing of Joan Hopkins Coughlin of Wellfleet.** Throughout several years of classes, Marjorie has found painting landscapes in acrylics and oils to be her favorites. Richard started with watercolors but switched to oil pastels three years ago. The quality



of paintings here is important to us, but the enjoyment of creating is most important. Richard and Marjorie are members of the Truro Group of artists. They have exhibited in the Truro Library, Wellfleet COA, **Castle Hill and at Seamen's Bank in Provincetown.**

Opening Reception is Sunday, March 6, 2-4 P.M.
All are welcome.

HISTORICAL TOUR

WITH

Diana Worthington

glimpses of 100 year
span of time



Tuesday
February 15

1:30P.M.

Truro Community Center

Pamet Room

FEBRUARY
COA CAFÉ
TUESDAY 12:30
\$7.50



MARCH
COA CAFÉ
TUESDAY 12:30
\$7.50

February 1
Teriyaki Salmon
Stir Fried Vegetables
Jasmine Rice

March 1
Panko Crusted Cod Fish
with Cranberry Sauce
Garlicky Green Beans
Roasted Sweet Potatoes

February 8
Roast Pork Loin with
Apple Pear Chutney
Roasted Potatoes
Vegetables

March 8
Chicken & Sausage Gumbo
over Rice

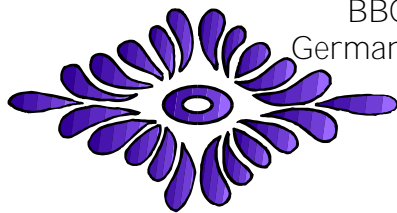
February 15
Hearty Beef Stew
over Noodles

March 15
Corned Beef & Cabbage

February 22
Sausage Cacciatore
over Linguine

March 22
Cheese Ravioli with Sun
Dried Tomato Sauce &
Chicken Sausage

March 29
BBQ Chicken
German Potato Salad



COOKING with
CHEF RICHARD
JOHNSON
Come and learn how
to prepare meals
and deserts using
only 4 ingredients.
You'll experiment,
taste and take
home what is
prepared.
Call to register
508-487-2462
Wednesday,
February 16 1P.M.



John Carbone's Friday at the Movies

February 4 THE HEIRESS (1949)
Olivia de Havilland, Montgomery Clift

March 4 THE PALM BEACH STORY
(1942) Claudette Colbert, Joel McCrea

February 11 MURDER MY SWEET
(1944) Dick Powell, Clair Trevor

March 11 THE LADY EVE (1941)
Barbara Stanwyck, Henry Fonda

February 18 THE LOST WEEKEND
(1945) Ray Milland, Jane Wyman, Frank
Faylen

March 18 GASLIGHT (1944) Charles
Boyer, Ingrid Bergman, Joseph Cohen

February 25 MILDRED PIERCE (1945)
Joan Crawford, Jack Carson, Eve Arden

March 25 EDWARD SCISSORHANDS
(1990) Johnny Depp, Winona Ryder,
Dianne Wiest



John Carbone's Friday at the Movies will be shown at the Truro COA at 1:30 P.M. Movies are jointly sponsored by the Truro Library and the COA. Call if you need transportation @ 508-487-2462. Most DVD's have closed captioning and we can set it up if you call in advance. Movie & popcorn are served and people of all ages and any town are welcome .

February 2011



Mon	Tue	Wed	Thu	Fri
<p>COA GALLERY</p> <p><i>WEAVERS OF CAPE COD</i></p> <p>OPENING RECEPTION SUNDAY, FEBRUARY 6, 2-4P.M.</p> <p><i>All are welcome</i></p>	<p>1</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p> <p>AARP Taxes (by appointment)</p>	<p>2</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>3 Men's Group 9-10</p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Foot Clinic (by appointment)</p> <p>HOW 9:30-11:30</p>	<p>4</p> <p>Strength Training 9-10</p> <p>FREE Friday Movie 1:30</p>
<p>7</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p>	<p>8</p> <p>Board Meeting 9 A.M.</p> <p>COA CAFÉ 12:30</p> <p>Needlework 10-Noon</p>	<p>9</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p> <p>LEGAL ASSISTANCE (by appointment)</p>	<p>10</p> <p>Men's Group 9-10</p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p>	<p>11</p> <p>Strength Training 9-10</p> <p>FREE Friday Movie 1:30</p> <p>Mystery Book Club 12:30</p>
<p>14</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p> 	<p>15 AARP Taxes</p> <p>Story Swap with Dan Lynch 11-12:15</p> <p>COA CAFÉ 12:30</p> <p>Needlework 10-Noon</p> <p>Historical Tour 1:30</p>	<p>16</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p> <p>Cooking with Chef Richard Johnson 1 P.M.</p>	<p>17</p> <p>Men's Group 9-10</p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p>	<p>18</p> <p>Strength Training 9-10</p> <p>FREE Friday Movie 1:30</p> <p>Hyannis Shopping 9 A.M.</p>
<p>21</p> <p>COA CLOSED</p> 	<p>22</p> <p>COA CAFÉ 12:30</p> <p>Needlework 10-Noon</p> <p>REACH 12:30</p> <p>Volunteer Opportunities</p>	<p>23</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>24</p> <p>Men's Group 9-10</p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p>	<p>25</p> <p>Strength Training 9-10</p> <p>FREE Friday Movie 1:30</p>
<p>28</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p> <p>SIGHT LOSS 10-NOON</p>	<p>COA GALLERY - MARCH</p> <p>RICHARD & MARJORIE GIDMAN</p> <p>PAINTING & DRAWING</p> <p>Opening Reception is Sunday, March 6, 2-4 P.M.</p>		<p>**ALL PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND ANY OTHER UNFORSEEN CIRCUMSTANCES**</p>	

Health Care Reform Information Bulletin from the SHINE Program

Medicare Wellness Initiatives Come of Age in 2011

- **Free annual physical starting in 2011**
- **Free preventive screenings starting in 2011**

Good news! Starting in 2011, Medicare beneficiaries will be able to have an annual “wellness visit” each year with no co-payment. This is an annual physical that will include a health risk assessment and preventive screenings and services. Many screenings (as recommended by the U.S. Preventive Services Task Force -an independent panel of experts) will be free; there will be no co-payment.

Please participate in this wellness offer from Medicare by contacting your primary care doctor in 2011 and arranging for your annual physical. Write down all of your health concerns so you can discuss them with your doctor. Ask what preventive screening services are recommended and how often. Develop your own personalized prevention plan. Consider scheduling your annual physical each year during your birthday month. It may be your best birthday present!

(Please note that Medicare Advantage plans are not required by Health Care Reform regulations to provide free preventive care services, but many of these plans already offer such services. Check with your plan provider.)

For help from the SHINE Program, contact your local Senior Center. We counsel Medicare beneficiaries and family members regarding complex Medicare and health insurance options. SHINE services by state certified counselors are sponsored by the Massachusetts Executive Office of Elder Affairs and are always free of charge. For information or help call Katherine @ the Truro Council on Aging 508-487-2462

Sonja Brewer, Regional Director, Cape & Islands SHINE Program

A Message from Martha Downs R.N./Public Health Nurse of Cape Cod

Talking to Your Doctor

The relationship between a health care provider and a patient should be a partnership. Both parties have responsibilities and needs. The best way to make sure a partnership works is to have good communication.

Communication is most important if you are switching to a new provider. You should feel comfortable enough with your provider to discuss issues that may seem personal or embarrassing. This includes sexual, emotional or other personal issues. Physical health and emotional well being are tied together.

Let your doctor know if you are getting a divorce, have experienced the death of someone close, have been let go from a job, or are experiencing any other major life changes. It helps to make a list of things you want to talk about and bring it with you on your appointment. Always bring your complete list of medicines, including those that are over the counter or herbal remedies.

Medical terms can be confusing. It is fine to write terms down or ask the doctor to repeat something you don't understand. Sometimes the medical office will have pamphlets or computer information that they can provide to you. You can then read and process this information at home.

Remember that your primary health care provider is there to help you. If you have any problems with the treatment you get from your doctor or staff, it is important to discuss it. Your health is important, so you should find the right person to work with you and not settle for anything other than caring, competent care.

Information from the SHINE Program



Oops - what if you missed the Medicare Open Enrollment Period? Can you still change your coverage?

First, take a deep breath. There are some special provisions that may allow you to make a change during 2011. Your local SHINE office can help determine what applies to you.

- During the month of January, you can enroll in new coverage if you received notice that your insurance company ended your prior plan as of 12/31/2010.
- From January 1st through February 14th, you can end coverage by a Medicare Advantage Plan. While you cannot choose a different Medicare Advantage Plan during this time, you can add a Part D Prescription Drug plan and you can also add a Medigap Supplemental Plan.
- In fact, at any time of the year, you can add a Medigap Supplemental Plan.
- Also, at any time of the year, you can change the level of your Medigap Supplemental Plan, upgrading or downgrading coverage.
- At any time of the year, you can make a one-time change to your drug coverage by changing your Medicare Advantage Plan or your Part D Prescription Drug Plan if you are a member of Prescription Advantage (the state's pharmacy discount program). This can be very important to you if you get a new prescription during the year that is not covered by your current plan. Further, if you have MassHealth or if you qualify for Extra Help/LIS, you can change your drug coverage as often as once a month. Eligibility guidelines and applications for these programs are available from your local SHINE office.
- At any time of the year, if you are first becoming eligible for Medicare or if you lose your current health insurance, you can start new coverage subject to initial enrollment or special enrollment rules and timeframes.

New coverage or changes are generally effective as of the first of the month following the month in which you complete the enrollment or make the change. For help from the SHINE Program, contact your local Senior Center. We counsel Medicare beneficiaries and family members regarding complex Medicare and health insurance options. SHINE services by state certified counselors are sponsored by the Massachusetts Executive Office of Elder Affairs and are always free of charge. If you need help call Katherine at the Truro Council on Aging @ 408-487-2462.

Sonja Brewer, Regional Director, Cape & Islands SHINE Program

SHINE is in dire need of VOLUNTEERS. The next training session begins March 22 in South Yarmouth. Call 508-394-9326 to sign up.



We would like to thank the Friends of the Truro Council on Aging, friends of the Truro Library and home instead for their thoughtfulness and generosity during the holiday season.

MYSTERY BOOK CLUB
FEBRUARY 11th 12:30
JON LOOMIS—HIGH SEASON

ONE MORE **Thank you** to everyone who contributes to the COA, whether it be books, bread, yarn, puzzles or time. Volunteers and donations are a large part of what makes our COA so great.

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Friends of the Truro Council on Aging Officers: John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Jeanne Gainey, Lucie Grozier, Martha Ingram, Florence Johnson, Diane Rose.

Council on Aging Officers: Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingram, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. Staff: Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman, Farney Schneider and Chuck Zimmer, Van Drivers.

COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY

OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462

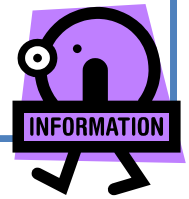
TRURO COUNCIL ON AGING
P. O. BOX 500
TRURO, MA 02666

BULK RATE
U.S.
POSTAGE
TRURO, MA
02666
PERMIT #1

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan & John Moriarty, Hilde Oleson and Ginny Sharrock for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing. Thank you to Seamen's Bank for their generous continuing support.

TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 487-2462



PACE—People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. FREE

CORE CONDITIONING - Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor. In-structor Kathy Stetson, Certified Physical Therapist. \$5/per class

STRENGTH TRAINING—Chair exercises using hand and leg weights. Some standing using strengthening bands. Go at your own pace. FREE

MEMOIRS—A group setting of writers who read, write and critique the work of the group members. FREE

MEN'S GROUP—A group setting to discuss politics, current events, world happenings or what's important to you. FREE

COA CAFÉ—Weekly luncheon, open to all. Reservations **MUST be made by Monday's** at noon by calling the COA. \$7.50

MAHJONGG—Weekly gaming open to all that have some experience. FREE

BRIDGE—Wednesday afternoons 1-3:30. Non competitive, casual & fun. FREE

STORY TELLING with Dan Lynch—Share your favorite memories and listen to Dan and participants reminisce. 3rd Tuesday of each month. FREE

FRIDAY MOVIE—Join some friends or make new ones at the FREE Friday Flick here at the COA. Popcorn provided.

HOW—Helping Our Women with support for women with chronic illness. Open to all women with any type of chronic and life threatening/disabling condition. First Thursday of the month 9:30-11:30. Call for more information 487-4357.

SIGHT LOSS—Support group meeting is the 4th Monday, September through June, 10 A.M.-Noon. Transportation available. Call the COA for additional information.

PEDICARE—Non-medical foot care by appointment at the COA. First Thursday of each month. Reservations required.

PODIATRIST— All foot care problems, as well as routine care. Fridays, every other month. Reservations required.

LEGAL SERVICES—Legal services of Cape Cod & Islands Specializing in Elder Services. 2nd Wednesday of each month. Appointment required by calling the COA @ 487-2462.

WEIGHT LOSS—Wednesdays, immediately following Strength Training at 10A.M. Free

Check out the Calendar section of the Log to find out more information about dates and times.

Transportation is available by reservation by calling 508-487-2462



R E A C H

Reach
Elders
with
Additional
Community
Help

Tuesday, February 22
12:3-1:30P.M.

Become a volunteer
at the Truro Council on Aging

Volunteer Information Session to recruit new volunteers for transporting elders home from the hospital and for other medical appointments. Call to reserve a spot.

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Pizza will be served to those attending.



COOKING with CHEF RICHARD JOHNSON



Come and learn how to prepare meals and deserts using only 4 ingredients. You'll experiment, taste and take home what is prepared.

Wednesday,
February 16 1P.M.



Call to register 508-487-2462